


Model Programs (as of October 9, 2001)

PROGRAM	PROGRAM DEVELOPER	TARGET POPULATION			TARGET SETTING	KEY OUTCOMES	KEY PROGRAM STRATEGIES	COST ESTIMATES
		Age	Gender	Ethnicity				
Across Ages 	Andrea Taylor, Ph.D. Temple University Philadelphia, PA (215) 204-6708 andreat46@aol.com	11–13	Male and Female	Mixed	Middle schools and community centers	< Decreased substance use < Decrease in tobacco and alcohol use < Increased problem solving ability < Increased school attendance < Decreased suspensions from school < Improved attitude toward adults < Improved attitude toward school and the future	< Pairing older adult mentors (55+) with middle school youth < Community service < Life management skills < Family activities	Training (2 days, plus TA): < \$1,000 per day, plus expenses < \$500 per day for onsite TA Materials: < \$75 Manual < \$25 Handbooks for parents, students < \$25 Elder Mentor Handbooks < \$65 Mentor Training Guide < \$25 Evaluation Protocol < \$25 Video



NEW Newly identified Programs

 Universal preventive interventions

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NEW All Stars  	William Hansen Tanglewood Research Greensboro, NC (336) 662-0090, Ext. 101 billhansen@tanglewood.net	11–15	Male and Female	Mixed	Schools, communities, and social services	< Increased commitment to avoid high-risk behaviors < Increased bonding to school and peers < Positive changes in substance use and violence	< Accurate beliefs about peer norms < Perception on how substance abuse affects preferred lifestyles < Commitment to stay substance free < Social and peer bonding	Training: < \$3,000, plus expenses for up to 20 trainees Materials: < \$165 Facilitator < \$175 for 25 Student materials. < \$140 Community set for 20 students < \$15 Commitment ring < \$8 T-shirt


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Athletes Training and Learning to Avoid Steroids (ATLAS) 	Linn Goldberg, M.D. Oregon Health Sciences University Portland, OR (503) 494-6559 goldberl@ohsu.edu	14–18	Male Only	Mixed	High school athletic team	< Reduced steroid use < Belief that coaches do not condone or tolerate steroid use < Reduced use of alcohol and illicit drug use < Reduced drinking and driving < Reduction in use of "athletic supplements" < Improved nutrition and exercise behaviors < Increased feeling of self-efficacy as athletes < Stronger team mentality	< Knowledge of effects of steroids on body and on sport < Healthy, natural alternatives to increasing muscle < Anabolic steroid prevention < Team centered, peer delivered, gender specific approach < Understanding harm of illicit drugs and alcohol on athletic abilities	Training: < Not required. Available on request Materials: < \$149.95 Full set


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NEW Brief Strategic Family Therapy (BSFT) 	José Szapocznik, Ph.D. Center for Family Studies Department of Psychiatry and Behavioral Sciences University of Miami Miami, Florida (305) 243-4592 Jszapocz@med.miami.edu	6-17	Male and Female	Hispanic	Community social service agencies, clinics, and health agencies	< Reduced conduct problems < Improved self-concept < Reduced association with antisocial peers < Improved family functioning and family participation in therapy < Reduced drug use	< Engage resistant clients in therapy < Diagnose strengths and weaknesses in family functioning < Enhance strengths and correct weaknesses < Build parenting skills < Improve family communication, conflict resolution & problem solving skills < Provide home-based services	Training is available in English or Spanish (length is assessed by BSFT counselors): < \$ 2,000 per day, plus expenses for up to 30 participants Materials: < BSFT manual to be published by NIDA Spring 2001 < Book: Kurtines, Willam and Szapocznik, José. <i>Breakthroughs in Family Therapy with Drug Abusing and Problem Youth</i> . Springer Publishing Company Inc. 1989.

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NEW Bullying Prevention  	Dan Olweus Department of Psychology University of Bergen Bergen, Norway 47-55-58-23-27 olweus@psych.uib.no Contact: Susan Limber Institute on Family and Neighborhood Life Clemson University Clemson, SC (864) 656-6320 slimber@clemson.edu	5-14	Male and Female	Mixed	Elementary, middle, and junior high schools	< Reduced frequency in student reports on bullying others and being bullied < Reduced student reports of general antisocial behaviors: vandalism, fighting, theft, and truancy < Improved class social climate: order, discipline, positive relationships, and positive attitude toward schoolwork	< Improving peer relations < Making the school a safe and pleasant place by restructuring the school environment to reduce opportunities and rewards for bullying behavior	Training: < Details are not yet available Materials: < \$200 per school for assessment tool < \$65 per teacher for classroom materials
Child Development Project (CDP) 	Eric Schaps, Ph.D. Developmental Studies Center Oakland, CA (800) 666-7270 Ext. 239 Eric_Schaps@devstu.org	6-12	Male and Female	Mixed	Elementary schools	< Greater conflict resolution skills < Increased bonding to school	< Bonding to school < Parent involvement < Peer bonding	Training (3 days TOT): < \$6,000 for teams from up to 5 schools Materials: < \$460 School set < \$60 per teacher < \$10 per 50 parent materials

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Communities Mobilizing for Change on Alcohol 	Alexander Wagenaar, Ph.D. University of Minnesota Minneapolis, MN (612) 624-8370 Wagenaar@epi.umn.edu	N/A	Male and Female	Mixed	Communities	< Reduction in sales to minors < Increased identification checks by vendors < Community mobilization	< Environmental strategy < Limit minors' access to alcohol through community mobilization < Environmental Alcohol specific	No official training No formal curriculum
Creating Lasting Family Connections (CLFC)   	Ted Strader Council on Prevention and Education: Substances Louisville, KY (502) 583-6820 tstrader@sprynet.com	11–15 & Parents	Male and Female	African American & Caucasian	Community centers, faith-based centers, and/or schools	< Increased child resiliency < Increased involvement in setting family norms on substance use < Delayed onset of substance use	< Alcohol & drug information < Parenting skills < Communication skills	Training (5 days): < \$750 per person, plus expenses Training (10 days): < \$1,500 per person, plus expenses Materials: < \$1,474.75 for 5 training manuals, 25 participant notebooks, and five poster sets

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DARE to be You 	Jan Miller-Heyl Colorado State University Cortez, CO (970) 565-3606 darecort@coop.ext.colostate.edu	2–5 & parents	Male and Female	Mixed	Community centers and pre-schools	< Increased parent efficacy < Decreased use of harsh punishment < Increased child development skills	< Parenting skills < Youth coping skills	Training (3 days): < \$3,000 for up to 40 participants, this includes materials. Materials: < \$ 46 community leader's manual < \$150 set of K-12 school curriculum < \$32 parent training guide < \$32 pre-school activity guide < \$60 parent & pre-school training set < \$45 Spanish/English edition parent training guide < Other guides and supplemental materials are available
NEW Early Risers “Skills for Success” 	Gerald August University of Minnesota Minneapolis, MN (305) 243-4592 augus001@umn.edu	6–8 & parents	Male and Female	Mixed	Schools and communities	< Improved social skills and academic achievement < Increased parent involvement < Reduced impulsive behaviors	< Information Dissemination < Environmental < Prevention Education < Problem Identification and Referral	Program costs about \$3,200 per year for one child.

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NEW Family Effectiveness Training (FET) 	José Szapocznik University of Miami Center for Family Studies (305) 243-4592 Jszapocz@med.miami.edu	Families with children 6–11	Male and Female	Hispanic	Clinical settings	< Improved school performance and behavioral outcomes < Greater improvement on independent measures of structural family functioning	< Strategic structural systems approach < Flexibility to adapt to new situations < Family development < Bicultural effectiveness training < Brief strategic family therapy Hispanic program Indicated populations	Training (5 days): < A second training would focus on troubleshooting Materials: < \$18,000 includes training and supervision
NEW Incredible Years   	Carolyn Webster-Stratton University of Washington Seattle, WA (206) 285-7565 incredibleyears@seanet.com	Parents of children 3–10	Male and Female	Mixed	Communities, homes, and schools	< Reduced behavior problems < Increased prosocial behavior < Improved family relationships < Improved bonding to school	< Improve communication skills < Limit setting < Nonviolent discipline techniques < Problem solving < Anger management < Parent, Teacher, and Child training groups	Parent training (3 days) and Child/teacher training (2 days): < \$1,300 per day, plus expenses; training in Seattle would be less Materials: < Prices vary < All four Basic Program parent training materials cost \$1,300

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Keep a Clear Mind 	Michael Young, Ph.D. University of Arkansas (501) 575-5639 meyoung@comp.uark.edu	9–11	Male and Female	Mixed	Schools and homes	< Greater knowledge of effects of tobacco < Reduction in onset of substance use	< Parent-child interaction < Alcohol and drug knowledge	Training: < No training Materials: < \$3.95 per student
NEW Leadership and Resiliency  	Amrit Daryanani Fairfax Falls Church Community Service Board Fairfax, VA (703) 934-8732 amrit_k_d@yahoo.com	14–17	Male and Female	Mixed	Mainstream and alternative high schools	< Reduced absences and school disciplinary reports < Increased GPAs and graduation rates < Strengthened resiliency < Minimized impact of risk factors	< Provide youth with access to a broad spectrum of activities < Weekly small group (7–10) meetings < After school volunteer options < Substance abuse and Violence Prevention	Training and materials costs are not yet available
Life Skills Training 	Gilbert Botvin, Ph.D. Cornell University New York, NY (212) 746-1270 gjbottvin@aol.com	10–14	Male and Female	Mixed	Middle schools	< Reductions in alcohol, tobacco, and illicit drug use	< Life skills < Drug resistance skills < Social and self-management skills	Training: < \$200, plus expenses per participant, includes materials

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NEW Multisystemic Therapy (MST) 	Scott Henggler, Ph.D. Dept. of Psychiatry and Behavioral Sciences Medical University of South Carolina Charleston, SC (843) 876-1800 hengesw@musc.edu	10-17	Male and Female	Mixed	Homes and communities. Usually from juvenile justice system at risk of being placed in out-of-home juvenile facility.	< Improved family relations < Decreased adolescent substance use < Reduced long-term rates of rearrest and out-of-home placement	< Focus on comprehensive set of risk factors: individual, family, peer, school, and neighborhood determinants of substance use < A home-based model of service delivery < Intensive quality assurance	\$4,000 - \$8,000 per family

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NEW Nurse-Family Partnership 	<i>Developer:</i> David Olds <i>Contact:</i> Matthew Buhr-Vogl National Center for Children, Families, and Communities Denver, CO (303) 864-5839 Matt.Buhr-Vogl@UCHS C.edu	Low income first time mothers & their babies	Mothers & their babies	Mixed	Home	< Reduced cigarette smoking during pregnancy < Reduced hospital emergency visits with detected injuries < Reduced rates of child maltreatment < Fewer subsequent births < Reduced maternal behavioral problems due to alcohol and drug abuse	< Nurse home visitation < Pre-natal, infant, and early development education < Building supportive relationships	Estimated at \$780,000 for 100 families over three years (varies according to local nursing salaries)

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NEW Positive Action   	Carol Gerber-Allred, Ph.D. Positive Action, Inc. Twin Falls, ID (800) 345-2974 info@positiveaction.net	4–18	Male and Female	Mixed	Schools, homes, and communities	<ul style="list-style-type: none"> < Improved academic scores < Strong effects on drug use, tobacco and alcohol use, violence, suspensions, and delinquencies < Improved attendance < Improved self-concept < Parent involvement with children, schools, communities < Improved school climate < Improved character 	<ul style="list-style-type: none"> < Life skills < Social, self-management, and goal setting skills < Problem solving/goal setting skills < Anger management < Thinking skills < Character Development < Mental and physical health < Social and emotional learning < Parent-child-school interactions < Bonding to schools, friends, family, community < Resilience < Communication skills < School reform < Conflict resolution 	Training: (1 day): <ul style="list-style-type: none"> < Available to schools, families, and communities < \$600 per day, plus travel expenses Materials: <ul style="list-style-type: none"> < Available for all grade levels and includes a Teacher's Kit (\$300), School Climate Kit (\$400), Family Kit (\$55), Community Kit (\$300), and a Counselor's Kit (\$60)

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NEW Preparing for the Drug-Free Years (PDFY) 	<i>Developers:</i> Dr. J. David Hawkins Dr. Richard Catalano <i>Contact:</i> David Urbonas Managing Director, Market Research and Analysis Channing Bete Company South Deerfield, MA (413) 665-6338 durbonas@channing-bete.com	5-11 & parents	Male and Female	Mixed	Schools, communities, and others	< Prevent teen ATOD use < Build family bonding < Teach refusal skills For parents: < teach skills to reduce risk factors in their families < strengthen family bonding	Social Development Strategy < Begin with healthy beliefs and clear standards in families, schools, communities, and peer groups < Build bonding, attachment, and commitment by providing opportunities, skills, and recognition while nurturing individual characteristics	Training: (3 days): < \$4,500 (plus expenses) for up to 12 people--PLUS additional \$100 per person/per kit Materials: < \$695 for individual kit < \$25 each for 1 to 100 manuals Channing Bete 1(877) 896-8532

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NEW Preventing High-Risk Drinking and Alcohol Trauma: A Community Trial 	<i>Developer:</i> Harold Holder Prevention Research Ctr. holder@prev.org <i>Contact:</i> Andrew Treno Prevention Research Ctr. 2150 Shattuck Avenue Suite 900 Berkeley, CA 94704 510-486-1111 andrew@prev.org	All age groups within a community	Male and Female	Mixed	Communities	<ul style="list-style-type: none"> < Reduced driving when over the legal limit < Reduced amount consumed per drinking occasion < Reduced traffic crashes in which driver had been drinking < Reduced assault injuries 	<ul style="list-style-type: none"> < Community mobilization to support prevention interventions < Facilitating responsive beverage service < Training local retailers & increasing enforcement to reduce underage access < Increase enforcement & sobriety checkpoints to increase actual & perceived risk of arrest < Develop local restrictions on access via zoning and other controls 	

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NEW Project ACHIEVE   	Howard Knoff, Ph.D. School Psychology Program University of South Florida Tampa, FL (813) 974-9498 knoff@tempest.coedu.usf.edu	Pre-K through Middle School; Adapted at the High School level, for Alternative and Juvenile Justice facilities, and for special education centers	Male and Female	Mixed	Schools	<ul style="list-style-type: none"> < Decreased referrals to and placements in special education < Decline in disciplinary referrals to principal's office and school suspension < Improved academic performance 	<ul style="list-style-type: none"> < Social skills < Problem-solving methods < Anger-reduction techniques < Building-wide, positive behavior support and management approaches 	Training: (1 day): <ul style="list-style-type: none"> < 3 days of building-wide training, including one technical consultation day < \$1,500 per day Materials: <ul style="list-style-type: none"> < \$125 classroom package of Stop & Think social skills teachers manual, reproducible forms booklet, skill cards for all students, posters, large and small Stop & Think stop signs < Additional Stop & Think signs for building (approximately \$200) < Additional Stop & Think posters for building (approximately \$100)

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Project ALERT 	<i>Developer:</i> Phyllis Ellickson, Ph.D. Rand Corporation Santa Monica, CA (310) 393-0411 phyllis_ellickson@rand.org <i>Contact:</i> Bridgette Ryan RAND Corp. 1-800-253-7810 gbryan@projectalert.best.org Web site: www.projectalert.best.org	11–14	Male and Female	Mixed	Middle schools	<ul style="list-style-type: none"> < Reduced marijuana use initiation < Decreased current and heavy smoking < Reduced pro-drug attitudes and beliefs < Helped smokers quit 	<ul style="list-style-type: none"> < Build school-wide norms against drug use < Understand social/health consequences of drug use < Identify pro-drug pressures < Develop resistance skills < Involve parents in prevention < Recognize benefits of being drug-free 	Training (mandatory 1 day): <ul style="list-style-type: none"> < \$125 per person Materials <ul style="list-style-type: none"> < 2-year teacher manual, 8 classroom videos, 12 posters, overview video, and teacher demonstrations
Project Northland 	Cheryl Perry University of Minnesota Minneapolis, MN (612) 624-4188 perry@epi.umn.edu	11–13	Male and Female	Mixed	Middle schools	<ul style="list-style-type: none"> < Reductions in daily smoking, marijuana, and alcohol use 	<ul style="list-style-type: none"> < Peer leadership < Parent involvement 	Training (2.5 days): <ul style="list-style-type: none"> < \$525, no maximum participants Materials: <ul style="list-style-type: none"> < \$549 Full set

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NEW Project SUCCESS  	Ellen Morehouse, M.S.W. Student Assistance Services Corp. Tarrytown, NY (914) 332-1300 sascorp@aol.com	14–18	Male and Female	Mixed	Alternative High School or Alternative Programs	< Reduction in ATOD use and related problems	< Individual & group counseling < Youth coping skills < Resistance skills	Training (5 days): < \$375, plus expenses per person, includes materials & manual. Materials: < \$125 Manual
NEW Project Toward No Drug Abuse (TND)  	Steven Yale Sussman, Ph.D. University of Southern California Los Angeles, CA (626) 457-6635 ssussma@hsc.usc.edu	14–17	Male and Female	Mixed	Regular and alternative high schools	< Reduced levels of alcohol use (among baseline users) < Reduced levels of cigarette smoking < Reduced levels of hard drug use < Reduced levels of marijuana use < Reduced levels of weapon carrying (among males)	< Social and health consequences of drug use < Active listening < Effective communication < Stress management < Self-control and self-confidence	Training (2 days): < \$350-\$500 per day, plus expenses Materials: < \$40-\$60 Teacher's manual and student workbook < \$80 video

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Project Toward No Tobacco Use (TNT) 	Steven Yale Sussman, Ph.D. University of Southern California Los Angeles, CA (626) 457-6635 ssussma@hsc.usc.edu	10–15	Male and Female	Mixed	Middle schools	< Reduction of initiation of smoking < Reduction of weekly and frequent smoking	< Tobacco prevention through education, communication, and media literacy < Tobacco prevention	Training (1 day): < \$350-500, plus expenses Materials: < \$40 TNT Cessation < \$40 Tobacco video < \$80 Peer Pressure video < \$2.50 Posttest < \$45 Curriculum < \$18.95 set of 5 student workbooks
Reconnecting Youth  	Leona Eggert, Ph.D., R.N. University of Washington Seattle, WA (425) 861-1177 eggert@u.washington..edu OR RY.prog@verizon.net	14–19	Male and Female	Mixed	High schools	< Increased school performance < Decreased deviant peer bonding < Decreased depression and aggression	< Mentoring < Social support < School bonding < High school dropout prevention	Training (4 to 4.5 days): < \$750 per day, plus travel and expenses for 5 to 7 participants Materials: < \$179, plus shipping for Curriculum
Residential Student Assistance 	Ellen Morehouse Student Assistance Services Corp. Tarrytown, NY (914) 674-0400 sascorp@aol.com	13–17	Male and Female	Mixed	Juvenile offenders in residential settings	< Reduced marijuana, alcohol, and tobacco use	< Individual & group counseling < Youth coping skills < Residential settings	Training (5 days): < \$375, plus expenses per person, includes materials

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NEW Schools and Families Educating Children (SAFE Children) 	Patrick Tolan Institute for Juvenile Research University of Illinois at Chicago 312-413-1893 Tolan@uic.edu	5-6	Male and Female	African American and Latino	Elementary school	< Growth in academic achievement (reading) < Maintained parent enthusiasm and involvement in their children's school life < Improved parent practices < Increased child social competence	< 20-week family group curriculum < Child tutoring sessions (reading)	

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NEW Skills, Opportunities and Recognition (SOAR) 	<i>Developers:</i> Dr. J David Hawkins Dr. Richard Catalano <i>Contact:</i> David Urbonas Managing Director, Market Research and Analysis Channing Bete Company South Deerfield, MA (413) 665-6338 durbonas@channing-bete.com	6-11 & parents	Male and Female	Mixed	Elementary schools	< Reduction in early childhood aggression. < Greater attachment and commitment to school. < Higher levels of classroom participation. < Lower rates of initiation of alcohol, marijuana, and tobacco use. < Higher levels of social skills, work skills. < Higher standardized test scores. < Lower levels of interaction w/ antisocial peers. < Lower levels of delinquency initiation.	< Child skills training. < Teacher training to improve methods of classroom management. < Parenting workshops.	Three-year implementation: < \$100,000 for 400-500 students (program materials and training) < Year 1- \$50,000 < Year 2- \$30,000 < Year 3- \$20,000

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SMART Team 	Kris Bosworth, Ph.D. University of Arizona Tucson, AZ (520) 626-4350 bosworth@u.arizona.edu	10–14	Male and Female	Mixed	5th thru 9th grade	< Increased understanding of how problem situations escalate into violence < Better use of non-violent solutions	< Computer-based < Anger management < Dispute resolution < Mediation skills < Violence prevention	Materials: < \$549 for Software package
NEW STARS (Start Taking Alcohol Risks Seriously) for Families 	Chudley E. Werch, Ph.D. CHES, FAAHB (904) 620-2847 cwerch@unf.edu	11-13 & parents; also high school students	Male and Female	African American & Caucasian	Rural and urban, clinical and non-clinical school settings	< Avoidance of or reductions in alcohol use among youth.	< Health care consultations < Key Facts Postcards < Parent/Guardian Take-Home Lessons	Training & Materials: Not yet determined.
Strengthening Families  	Karol Kumpfer, Ph.D. University of Utah Salt Lake City, UT (801) 581-7718 karol.kumpfer@health.utah.edu	6–11 & parents	Male and Female	Mixed	Community centers, schools, mental health centers, and housing communities	< Reduction in child risk status < Improved family relationships	< Therapeutic child play < Parent training < Support services	Training (3 days): < \$3,500 for up to 40 participants Materials: < \$175 for 6 manuals

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